

I claim:

1. A method of exercise comprising:

placing a user opposite a stick member movably connected to guide body;

the user placing at least one hand on the stick member; and,

the user moving the stick member along a guide path in the guide body.

2. The method of claim 1 further comprising applying a resistance to the stick member to increase the force a user must apply to move the stick member along the guide path.

3. The method of claim 2 wherein the resistance is applied with at least one magnet and at least one of a magnetic material and a metallic material.

4. The method of claim 2 wherein the resistance is applied by friction between the guide body and the lower portion of the stick member.

5. The method of claim 2 wherein the resistance is applied via friction between the guide body and at least one brake-like element on the lower portion of the stick member.

6. The method of claim 2 wherein the resistance is applied to at least one brake-like element on the lower portion of the stick member.

7. The method of claim 2 wherein the resistance is applied to at least one brake-like element near the lower end of the stick member.

8. A stick member exercise device comprising:

a base;

a guide body connected to the base; whereby a guide path is formed;

a stick member; and,

a pivot which connects the lower portion of the stick member to the guide body.

9. The exercise device of claim 8 further comprising a resistance means; whereby a greater force must be applied to move the stick member around the pivot than the force required applied in the absence of the resistance means.

10. The exercise device of claim 9 wherein the resistance means is magnetic.

11. The exercise device of claim 9 wherein the resistance means is friction between the guide body and the lower portion of the stick member.

12. The exercise device of claim 9 wherein the resistance means is friction applied to at least one brake-like element on the lower portion of the stick member.

13. The exercise device of claim 9 wherein the resistance means is friction applied to at least one brake-like element near the bottom of the lower portion of the stick member.

14. The exercise device of claim 9 wherein the resistance means is at least one with hydraulic cylinders affixed to the base and lower portion of the stick member.

15. The exercise device of claim 9 wherein the resistance means is a weight affixed the lower portion of the stick member and which also rests on the base; whereby the weight can be pushed along the base.

16. A stick member exercise device comprising:

a base;

a guide body connected to the base;

a stick member;

a pivot which connects the lower portion of the stick member to the guide body; and,

at least two hydraulic cylinders affixed opposite one another and each to the lower portion of the stick member and to the base.

17. The exercise device of claim 16 wherein the top region is attached to one of a sphere and generally flat area.

18. The exercise device of claim 16 further comprising a crossbar attached to the top region of the stick member.

19. The exercise device of claim 18 wherein the crossbar is movable.

20. The exercise device of claim 19 further comprising a movable sleeve to which the movable crossbar is attached. movable.